

## Summary

Positive Intelligence’s breakthrough, research-based tools strengthen the part of the brain that serves you and quiet the part that sabotages you. You handle life’s challenges with a more positive mindset and less stress. We call this mental fitness.



### Core Competencies

Positive Intelligence (PQ) is your partner in sustaining a culture of positivity and high performance through mental fitness.

- The PQ Program grows the three core mental fitness muscles within six weeks.
- The breakthrough app delivers personalized daily practices that result in powerful new habits that boost performance, improve wellbeing, and strengthen relationships.
- The PQ Program is completed virtually.

### Differentiators

When creating lasting positive change, learning is 20% of the process. The other 80% is achieved through building mental muscle.

- The PQ Program is uniquely designed to deliver both insight and application.
- The PQ Program strengthens the three core mental muscles to achieve sustainable improvements in performance, wellbeing, and relationships.
- The PQ Program empowers individuals to build mental muscles and operationalize mental fitness in their daily lives.

### Company Snapshot

#### Codes & Certifications

UEI: CCGFSSVMEK37  
CAGE Code: 7NEE4  
Small Business under NAICS: 611430  
ISO 27001 certified  
CMMC Level 1 certified

#### Contact Information

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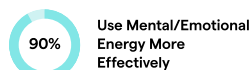
### Past Performance

Positive Intelligence has boosted mental fitness and generated lasting results for employees of hundreds of organizations around the world.



### Participants in the PQ program report the following improvements in their performance and wellness:

Based on survey results from cohort of >2000 Positive Intelligence Program participants after 6 weeks of mental fitness training



## Why strengthen mental fitness?

If left unchecked, certain modalities of the mind can sabotage mental wellbeing, performance, and relationships. Mental fitness is the measure of one's ability to weaken negative modalities and strengthen those that generate a growth mindset. This mental shift is critical for regulating attention, emotion, and cognitive functions to achieve optimal outcomes in performance and wellness.

Positive Intelligence provides a three-step process for building and sustaining mental fitness in which participants learn to:

- Diminish the brain's sabotaging responses
- Strengthen the brain's positive responses
- Develop self-command over the mind

## For Individuals, Leaders, and Teams

The PQ Program optimizes individual performance and wellbeing through seven weeks of foundational mental fitness training. After the PQ Program is complete, Positive Intelligence offers programs designed for every stage of your growth.

- PQ-Powered Teams
- PQ-Powered Change Management
- PQ-Powered DEIA
- PQ-Powered Leadership

## Services & Applications

### Boost Performance

- Mental stamina
- Resilience
- Adaptability
- Focus



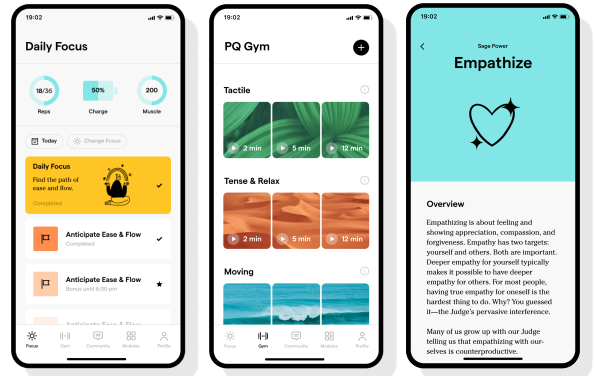
### Improve Wellbeing

- Emotional intelligence
- Burn-out prevention
- Stress management
- Self-confidence



### Strengthen Relationships

- Conflict management
- Talent retention
- Collaboration
- Leadership
- DEIA



## Daily Practice

- Build mental fitness with 15-minute app-guided practice sessions
- Track mental wellbeing with daily, app-guided check-ins
- Invest minimal time each day; no need to deprioritize other commitments

## Assessments

- Take the Saboteur Assessment to identify your negative thought patterns
- Track progress with the Positive Intelligence Quotient (PQ) Score Assessment

## Accountability

- Participate in virtual group sessions led by a Positive Intelligence Certified Coach
- Connect with a community of team members for support and motivation

## Weekly Focus

- Explore the week's focus topic through a one-hour video

## Measurable Progress

- Track progress reports to receive instant feedback and identify areas for improvement